



COMMISSIONER
HAROLD W. CLARKE

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AROUND THE BLOCK

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In This Issue

Cam Neely Walk/Run

Turkey Donations 2

Ribbon Cutting

Beyond Excellence 3

MTC Spotlight 4-5

NEADS at NCCI
& NECC 6

Community Corrections

Veterans Day 7

When the Shift Ends

Promotions/

Retirements 8

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DOC Legal

By Chuck Anderson

The Legal Division may be the most misunderstood division in the Department of Correction. First of all, we don't represent inmates, and second, when we come to your facility or division to meet with you, it's not because you're in trouble.

The Legal Division's main job is to represent employees of the Department and the Commonwealth in state and federal court, as well as in administrative forums. The majority of the lawsuits against DOC employees are brought by inmates, and these lawsuits put into question any aspect of their lives inside DOC facilities—everything from the length of the sentence or order that keeps them there, to the food they eat, the clothes they wear, the belongings they may have, the medical care they receive, the discipline that is imposed on them, and how they feel they have been treated by DOC employees, vendor staff or other inmates. The vast majority of these claims are handled in the Legal Division's Boston office. The Boston office also investigates tort presentment letters and defends tort claims brought against the Commonwealth, including personal injury and motor vehicle accident claims, involving DOC employees, visitors, vendors, and inmates. The Labor and Industrial Accident litigation groups, also based in the Boston office, handle and/or advise the Department regarding all phases of labor, employment, and workers' compensation litigation, including Family Medical Leave Act, Fair Labor Standards Act, Americans with Disabilities Act issues, collective bargaining agreements, policies concerning workplace violence, prevention of discrimination and retaliation, and temporary modified work programs.

The Bridgewater State Hospital legal office represents the Hospital in petitions to commit men for treatment of mental illness, as well as Rogers (medication treatment plan) hearings; petitions seeking emergency medical treatment of BSH patients and DOC inmates; and probate court guardianships for patients and inmates unable to make decisions for themselves. The Treatment Center legal office represents the Commonwealth at the jury trials when sexually dangerous persons seek their release from the Massachusetts Treatment Center. Like their Boston colleagues, both offices also handle civil rights claims brought by inmates incarcerated in DOC facilities, advise the Commissioner and other Department staff, and work closely with their respective facility's superintendent, as well as security and clinical staff.

Members of the Legal Division also respond to public records requests, daily intakes from all DOC facilities and divisions, as well as county sheriffs, district attorney's offices, and other criminal justice agencies, utilizing an "Attorney of the Day" system. Finally, DOC attorneys advise the Department on contract, legislative, environmental, and policy matters.

In order to represent Department employees and the Commonwealth in the approximately 1,000 cases filed annually, Legal Division employees must first gather information about the allegations made in the complaint. This information will normally be in the form of documents gathered by the Superintendent's Office, but also may include talking with the employees who are involved to hear their side of the story. Information regarding facility operations, different job functions, and the reasons why things are done the way they are, are particularly helpful. Upon receiving this information, Legal Division attorneys will either file an answer to the complaint, or a motion to dismiss where appropriate, asking the Court to throw out the lawsuit without having to go further in the case. If the Court dismisses the lawsuit, it is done; if not, the next step of a lawsuit is called "discovery." Discovery is where each side gets to find out information about the other side's case, whether through the exchange of relevant documents, written questions under oath (called "interrogatories"), or by answering oral questions under oath in depositions.

(continued on page 2)



Continued from Page 1

DOC Legal

DOC attorneys prepare employees before they testify in a deposition to go over relevant facts and documents (and recommend that they eat a nutritious meal beforehand, as depositions can be all day affairs).

At the end of discovery, Legal Division attorneys may again ask the Court to throw the case out by filing a “motion for summary judgment.” A Court will grant summary judgment if there is no dispute as to the facts of the case (because trials are done so that the judge or jury can decide a case where disputed facts exist), and one side should receive a favorable judgment because there is no factual dispute. If the Court does not grant summary judgment, the case proceeds to trial. We prepare for trial by reading and organizing all of the documents, as well as speaking with all of the DOC’s witnesses. This is a very important time for employees to make us aware of all the facts in the case (even those not favorable to us). We meet with staff to prepare them to testify at trial. At trial, each side tells its side of the story with witnesses and documents, and sums up its case with a closing argument, persuasively asserting why its position should win. At that point, the judge will give the jury instructions about the law, and the jury (or judge, if neither side claims a jury) will decide the facts of the case by deliberating and then issuing a verdict. After a case is resolved, either by getting dismissed or through a trial on the merits, the losing side may appeal, but the lawyers handle the case at that point; there are no witnesses in a case on appeal. Approximately 80% of the DOC’s victories are appealed. Once the last appeal is decided, the case is over, and the DOC attorney may finally go home!

In the end, the Department of Correction Legal Division is here to represent you, and to help you get through a sometimes frustrating, confusing, and long process known as litigation. If you need legal assistance because you have been served with a lawsuit or a subpoena to appear in court, or if you have a general legal question involving the DOC, please call us at **617-727-3300 ext. 124** and ask to speak with the “Intake Attorney of the Day.” For Bridgewater State Hospital legal questions, call **508-279-4543**, and for Massachusetts Treatment Center legal questions, call **508-279-8180**. We’re here for you, and are glad to help!



Left to right: Scott Neely from the Cam Neely Foundation for Cancer Care, Zachary LaRue and Nahum Miranda from MCI Norfolk. The third member of the MCI Norfolk team, Richard Duest, was not available for the photo.

MCOFU holds 4th annual 2 mile Walk/5K Run for Cam NeelyFoundation for Cancer Cure

By Rich Allain, Race Director

On Sunday, October 5th, MCOFU held its 4th Annual 2 mile walk/5k run to benefit the Neely House for the Cam Neely Foundation for Cancer Care. Over 150 participants attended the event at the MCOFU Union Hall in Milford, MA. With the assistance of a police motorcycle escort by the Milford Police Department, approximately 50 walkers braved the chilly conditions and set out on their 2-mile trek from the MCOFU Union Hall at 9:30am. Scott Neely, Executive Director of the Cam Neely Foundation for Cancer Care, was there to officially start the day’s events. Once the walkers were on their way, it was time to gather the runners to the starting line for the 3.1 mile road race, which began at 10am. Ben Coughlin of Worcester won this year’s race, in the male division, with a winning time of 17:23. Amanda Garber of Brewster, NY, with a winning time of 21:07, won the female division. For being the overall winners in their gender divisions each received a large trophy and a Boston Bruin’s #8 jersey signed by Hockey Hall of Fame member Cam Neely.

The field of walkers and runners were sprinkled with many DOC employees, both administrative and officers. Most notable was runner Tim Lynch from MCI Framingham who finished first in the male 40-49 age division with a time of 21:45. Along with the trophies the entry fee included a raffle for all participants in attendance. Prizes included a Boston Bruin’s #8 jersey signed by Cam Neely, an overnight stay with breakfast at the Double-Tree Inn and four pairs of New Balance running shoes donated courtesy of New Balance and the PR Running store. This year MCOFU held a DOC Team Competition in memory of Correction Officer Michael P. Rafferty from NCCI Gardner. Mike passed away from cancer earlier this year and the team run will memorialize his name each and every year of this event. This year’s winners were from MCI Norfolk. Team members were Nahum Miranda, Zachary LaRue and Richard Duest. Each received a trophy and a plaque will be placed at MCI Norfolk honoring Mike Rafferty with the names of the winners and their times. Since our first run in October 2005, we have raised over \$25,000 for the Neely House. If you are interested in viewing the results and pictures of the 2008 race please go to www.coolrunning.com and click on the latest results tab. Look for the Cam Neely road race on October 5th. Once again, many thanks to all of the volunteers who helped out (too many to mention). Hope to see you next year!

Mass. National Guard and DOC make Thanksgiving Donation

Major General Joseph C. Carter, The Adjutant General of the Massachusetts National Guard (left), joined DOC Commissioner Harold W. Clarke (right) and Salvation Army Captain William Geracia in the annual donation of 50 turkeys to the Milford Corps of the Salvation Army. The Salvation Army distributes the turkeys, along with over 160 meals,

to the Milford community. This has become an annual effort by the National Guard and the DOC to give something back to the Milford community, since the headquarters for both agencies is in Milford.

FAMILY REUNIFICATION HOUSE OPENS

By Diane Wiffin

The DOC officially opened its Family Reunification House at South Middlesex Correctional Center on November 5th. Lt. Governor Timothy P. Murray, EOPSS Undersecretary for Criminal Justice Mary Elizabeth Heffernan, Correction Commissioner Harold W. Clarke and SMCC Superintendent Kelly Ryan cut the ribbon.

The Family Reunification House is a new 1,628 square foot, two story structure. It replaces a trailer used by incarcerated mothers for extended visits, including overnights and weekends, with their children. The parents and children are participating in a DOC parenting program that provides offenders with the skills and education to enhance their relationships with their children as well as help with their transition back into the community.

“The program was developed to serve the needs of parents and visiting children,” said SMCC Superintendent Kelly Ryan. “When a child arrives and I see the mother’s reaction, that’s proof that we want this program to flourish at SMCC.”

DOC Commissioner Clarke said that many female offenders are mothers, the vast majority raising their children by themselves. While women are spending time with their children, they are learning to be responsible parents. Commissioner Clarke said the DOC works to improve public safety by effectively integrating offenders back to society through its program opportunities. He noted that the house was constructed by offenders, with the products they produced available to other agencies. These agencies can use materials made by inmates to increase housing stock.

Lt. Governor Timothy Murray called the Family Reunification House an opportunity to transform lives and improve opportunities to prepare people so they don’t return to prison. EOPSS Undersecretary Heffernan reinforced that message, commending the cooperation of many state agencies working together to prepare the 95% of offenders who return to society.

Besides reconnecting families, the Family Reunification House helps reduce recidivism and promotes safer communities by sharpening inmates’ job skills. The house was built with environmentally friendly “green panels” fabricated by inmates in the Building Trades Program at MCI Shirley. The panels were shipped and assembled at SMCC by inmate work crews from Northeastern Correctional Center in Concord.



Left to right: SMCC Supt. Kelly Ryan, Lt. Gov. Timothy Murray, Commissioner Clarke and Undersecretary Mary Elizabeth Heffernan

2008 Performance Recognition Awards

Please Join Commissioner Clarke in congratulating the following individuals who were selected to receive the Massachusetts Citation for Outstanding Performance.

Individual Awards

Andrew Bakinowski
Thomas Ficco
Christopher Fallon
David Lauziere
Carol Mici
Michael McCann
Michael Domingos
Larry Weiner

Contract Employees

Susan Lantagne
Dr. Robert Diener
Rhonda Cantelli
Mourning Fox
Patty Davenport-Mello
Sharon McCann
Daniel Comiskey
Kathy D’Innoconzo
Paul Caratazzola

Group Award

Seclusion and Restraint Committee /
Bridgewater State Hospital:
Karin Bergeron, Mark Reilly & Lisa Mitchell



Left to right:
Commissioner Clarke
Cindy Fitzgibbon
Undersecretary Mary Elizabeth Heffernan
&
Ken Nelson



MASSACHUSETTS TREATMENT CENTER

The Massachusetts Treatment Center, located within the Bridgewater Correctional Complex, is a unique facility containing both civilly committed and sentenced sex offenders.

The facility was originally administered by the Department of Mental Health, with security being provided by the Department of Correction. Civil commitments resulted from a criminally convicted sex offender being found to be a "sexually dangerous person" (or SDP) as defined by M.G.L. chapter 123A, resulting in a 'day to life' commitment by a Superior Court, Civil Division.

In September 1990 the Massachusetts Legislature repealed portions of M.G.L. chapter 123A thereby discontinuing civil commitments to the Treatment Center.

The administration of the facility became the responsibility of the Department of Correction in July 1995, also resulting from changes in legislation. In May 1997 the facility admitted 300 state inmates in a new housing unit. In September 1999 the Massachusetts Legislature re-established M.G.L. chapter 123A.

The mission of the facility is to provide sex offender treatment within a secure setting. The provision of treatment services is administered through a contract with Forensic Health Services (FHS). The treatment program design is comprised of specialized sex offender treatment for the SDP and temporary civil commitment population. A Pre-Treatment Preparation Program and a Core Sex Offender Treatment Program is designed for the inmate population.

Community Access Board

By Michael Thomas, Director of Treatment

The Massachusetts Department of Correction is required by Massachusetts General Law 123A 6A to establish a Community Access Board (CAB).

The Community Access Board is charged with the following:

- Conducting an annual review of all sexually dangerous persons committed to the Treatment Center to determine progress of treatment, making recommendations regarding treatment and reviewing the resident's current sexual dangerousness.

- Evaluating the sexually dangerous person for appropriateness for participation in a community access program and establishing conditions to ensure the safety of the general community.

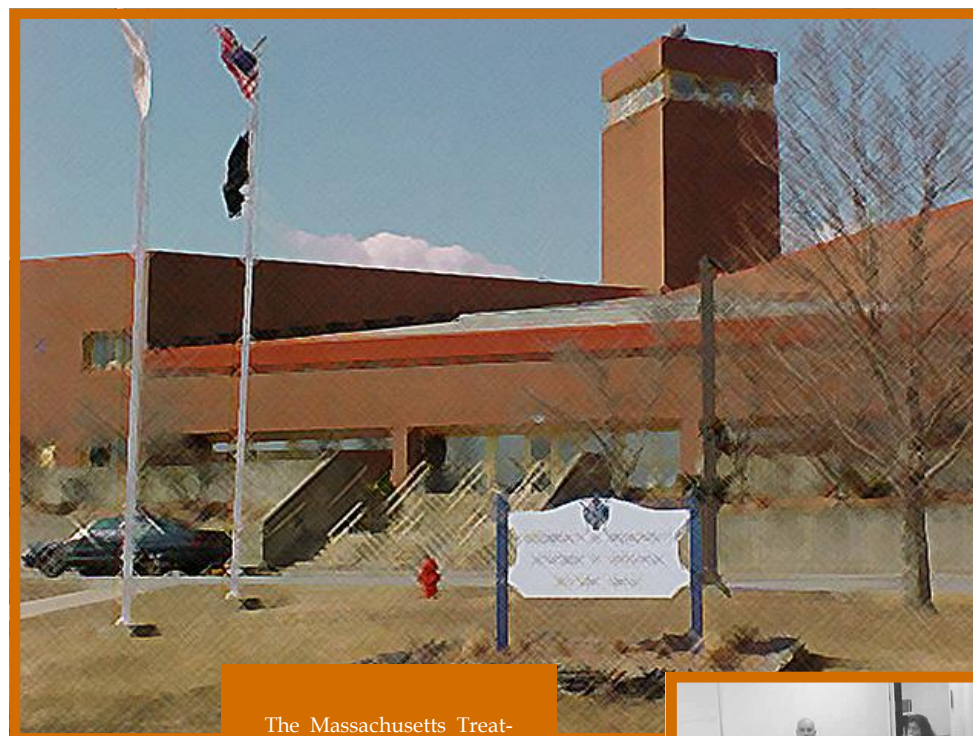
The Community Access Board is a five member board, all appointed by the Commissioner of Correction. The Treatment Center's Director of Forensic Psychological Services serves as Chairperson of this board and is responsible for the overall quality of the process as well as compliance with M.G.L c. 123A. The Board must be composed of the following: two Department of Correc-

tion employees, designated by the Superintendent, who shall be psychologists or psychiatrists, a third employee who holds a position of an administrator or upper level supervisor and possesses knowledge and experience in security, facility operations and/or treatment of sex offenders and two persons who are not DOC employees, but who may be independent contractors or consultants. The non-employee members shall consist of psychiatrists or psychologists licensed by the Commonwealth.

The CAB must provide a written annual report to the Superintendent with its findings including dissenting views. Each annual report must also include the CAB's opinion of the person's current sexual dangerousness and the basis for the opinion.

The CAB must also update the person's annual report if the CAB's last annual report predates the sexually dangerous person's scheduled hearing in Superior Court under M.G.L c. 123A S9 by more than six months.

For more information on this process you can review 103 DOC 459 (Community Access Board Policy).



The Massachusetts Treatment Center's mission is to promote public safety through the responsible management of criminal and civil commitments while providing a comprehensive and effective sex offender treatment program designed to reduce recidivism.

The staff at the Treatment Center are specially trained to address the unique characteristics and offense histories of those committed to the facility. Sex offenders are viewed as one of the most highly profiled offender groups. Massachusetts has made a commitment to provide an effective and nationally recognized treatment program for this type of specialized offender.



SPOTLIGHT ON MTC

ACA STANDARDS

By Lt. Wayne Beckwith

On October 27, 28 and 29, 2008, the Treatment Center underwent its ACA accreditation audit. The American Correctional Association is the oldest and most prestigious correctional membership organization in the United States. The DOC and its facilities are subject to ACA Accreditation Audits every three years. During the course of these comprehensive audits the Association is examining performance based standards and ensuring that all applicable criteria is being met by each respective facility. At the MTC, there were a total of 532 ACA folders to be inspected and reviewed, as well as our physical plant, medical standards, programs, and accessibility to law libraries and learning centers. Of the 532 ACA folders, the Treatment Center had a total of 470 non-mandatory and 62 mandatory folders. The Treatment Center scored a respectable overall 98%; accomplishing 100% on the requisite mandatory folders. A great deal of work and effort went into this achievement and enough cannot be said for all of the dedicated staff working at the Treatment Center. Although the care, custody and control of such a diverse population may be challenging, the staff at the Treatment Center perseveres and meets the challenge daily. This was never more evident, as reflected, with the results of our most recent ACA Audit ratings.

Sex Offender Treatment Program (SOTP)

By Kim Lymon, SOTP Program Director

The offender population at the Massachusetts Treatment Center includes male sex offenders who are committed as Sexually Dangerous Persons, state prison inmates who require sex offender treatment, and sex offenders who are temporarily civilly committed pending a determination of Probable Cause, pursuant to Chapter 123A.

The Forensic Health Services (FHS) treatment approach is forensically informed and integrative, using a cognitive-behavioral paradigm with an emphasis on relapse prevention. Treatment participants are offered an array of programming to target offending behavior.

Upon entering the facility, program participants receive an assessment to determine treatment needs. The identified treatment needs, both sex offender specific and related criminal-lifestyle variables, are categorized into research based areas of clinical focus. This will

aid clinical staff in treatment planning and assess a number of specific treatment issues, including level of denial, motivation for treatment, cognitive distortions, and cognitive functioning.

Participants are then placed in Pre-Treatment where they prepare for Core Treatment. While in Pre-Treatment they become familiar with treatment concepts, work on independent assignments, and are introduced to group therapy. They will first focus on gaining an intellectual understanding of materials, rather than integration, work through early stages of denial, introduce concepts of relapse prevention and deviant cycle, and gain a basic understanding of factors that led to their sex offenses. Completion time varies but averages approximately two years.

Upon completion of Pre-Treatment, program participants will begin Core Treatment, which lasts 24 to 36 months. Core Treatment promotes the integration of the intellectual and affective components of the therapeutic work by assisting the participant in the examination of how the various general concepts learned in treatment applies to his own specific history of offending. Once this is complete, the offender then begins the process of designing and practicing realistic methods to assist in managing his life and sexuality safely in the community. Family and support meetings are held to assist in the participant's transition to the community. The participant's treatment team works in conjunction with the assigned Correctional Program Officer in the transition planning process to help achieve maximum success in his return to the community.



Tyler with his dog

Antoine

Antoine returns to NECC

Tyler Wilson, 24, a Corporal in the US Army's 173rd airborne infantry used to jump out of planes. While under enemy fire in Afghanistan, he took three gunshot wounds that paralyzed him from the waist down. He spent six months in the hospital trying to heal from his injuries. Next came rehab, where Tyler learned how to move without the use of his legs.

Then Antoine came into his life. Antoine, a golden doodle, was named by a group of veterans in memory of their squadron leader who was killed in Iraq.

Antoine is a NEADS dog trained to help wounded soldiers live more independently. NEADS created the Canine's for Combat Veterans program. The dogs begin training at the Princeton nursery where they are house-broken and introduced to basic skills. Eighty percent of the puppies then go on to various prisons to live and train with inmates. Antoine was three months old when he was assigned to Northeastern Correctional Center.

It was here at NECC that Antoine was taught by his inmate handler to perform everyday tasks such as opening doors and waiting until the wheelchair passes through, turning on lights, retrieving, picking up and carrying items, and barking when assistance is needed. The bond between the inmate handler and his dog was strong and made even more evident by the progress that this puppy was making.

The inmate often doesn't realize the hard work that goes into taking care of and training these dogs. It takes discipline and consistency. They often must put the dogs needs before their own. It teaches them commitment and responsibility. They become so proud of their accomplishments. And when it is time for the dog to move on, it is with bittersweet emotions that they say good-bye.

That's why it was such a surprise when Tyler Wilson, from Denver, Colorado, came back to NECC with Antoine.

As soon as the dog came onto the prison grounds he knew where he was. With his tail wagging, he escorted Tyler to the building where he was trained. It was amazing to watch the dog, as he heard his inmate handler call out to him. With Tyler's permission, the dog raced to him. It was quite the reunion.

The visit had a profound effect on us all. Tyler was able to shake hands with the man who helped train his new companion. The inmate handler finally had closure and was able to see just what his dog had become. It was a humbling revelation to know that he had played such a significant role in making a total stranger's life better by his selfless hard work and dedication.

While the inmates are teaching the dogs, it turns out that it is the dogs that are really teaching the inmates.

North Central Correctional Institution in Gardner hosts visit to see NEADS Prison Pup Partnership Program

By Kim Lincoln and Anita Collins

North Central Correctional Institution (NCCI) in Gardner with collaboration with the NEADS program invited two special guests to see first hand an inmate program designed just for them. Visitors Cheryl Fradenburgh and Heidi Martin-Coleman came to meet the inmates who trained their service dogs through the NEADS Prison Pup Partnership Program. These were the first two dogs trained inside NCCI Gardner's medium facility. Both women use wheelchairs, and the NCCI trained dogs enable them to lead independent lives.

Cheryl Fradenburgh was matched with service dog "Sammy," named by Samsung, and Heidi Martin-Coleman was matched with service dog Mercury, named by Mercury Computer Systems, Inc, Chelmsford, MA. "Because inmates have more time to devote to training, the training cycle has been reduced from one year to six months, enabling NEADS to place more dogs with people with disabilities," said NEADS Executive Director Sheila O'Brien. The dogs are trained to carry articles in a dog backpack, pick up dropped articles, retrieve objects from various locations, turn lights on and off, open doors, push elevator buttons and whatever else the human partner requires assistance with. Both women expressed their appreciation to the inmates and stated "because of your assistance with training these dogs, you have given us our lives back."

The meeting was very emotional and the inmates involved in the program were proud to see the end result of what they have trained the dogs to do.

"The Prison Puppy Partnership is a win-win program for the inmate, the puppy and the person who will eventually get the service dog," said then NCCI Superintendent Roden. "Caring for a dog helps inmates focus on positive behavior. It's an opportunity for inmates to do something to improve someone else's life. They now have the responsibility for providing care and guidance to make a puppy successful as a service dog."



Left to Right: Heidi with her dog Mercury and Cheryl with her dog Sammy

Community Corrections and the Leominster Police Department

By Wendy Creamer



Far left-JPA Instructor, Officer Mike Maroney

Center-JPA Cadets with NEADS puppy Alexa

Back Right-Instructor, Officer Steve Creamer

Front Right-Sgt. Dean Gray & WPO I Wendy Creamer

One might ask what could the DOC and the Leominster Police Department possibly have in common?

The answer is actually quite simple. Both agencies share the passion and the drive to bring communities and law enforcement together, not only to make our schools and neighborhoods safer but also to help educate our youth to become the best citizens they can be.

On July 9 and July 23, 2008, IPS Sgt. Dean Gray and I were invited by Leominster Academy (JPA).

The JPA was established in 1992 and is a nationally recognized program throughout the United States. Its mission is to motivate and educate young adults to grow up to be outstanding citizens who take pride and initiative in creating a safer environment in our schools and our communities.

Sgt. Gray began his presentation by explaining to the cadets what prison is really like. He told them that inmates come from all walks of life, ranging from street criminals to well-known doctors and lawyers. Sgt. Gray proudly explained the many programs and jobs that NECC offers to inmates to help educate them, teach them trades, and show them the right path, so they will have a better foundation to help them become better citizens when they leave prison.

Although Sgt.Gray had his audience's attention with his verbal presentation, the kids began to stir when he started demonstrating some common prison attire and items. Sgt. Gray had items such as an inmate jumpsuit, a ditty bag with all its contents, a breathalyzer kit, a hand held metal detector, contraband ranging from paper flowers to a radio jimmied to house a cell phone and so on. The cadets were anxious to ask questions but Sgt. Gray kept his cool, finished his demonstration and then answered every question. Though some of their questions led us to believe that they had a skewed, "TV" impression of prison, Sgt. Gray did an outstanding job explaining the "real deal" and they understood it.

I then introduced one of our NEADS program dogs, Alexa, to the class. The cadets went absolutely nuts and couldn't believe there were dogs in prison. Sgt. Gray and myself explained the purpose of NEADS dogs and that these very special dogs were trained by the inmates. I was then able to successfully demonstrate most of the dog's commands and even chose a handful of cadets to perform some basic commands with Alexa.

At the end of it all, the cadets had many more questions and we enjoyed every minute. This was an incredible experience and education for Sgt. Gray, myself, and most importantly, the JPA cadets. We both left Skyview Middle School with a huge sense of accomplishment in representing NECC and the entire DOC. The DOC was already promised an invitation back for next year and was sent a big thank you from JPA Instructors, Officer Creamer, Officer Maroney and Officer Ramos. This opportunity wouldn't have been possible without the blessing and support of our Superintendent Paul F. Ruane and the DOC, so we thank you.



Veterans Day is the day set aside to thank all those who served in the military, in wartime or peacetime, to acknowledge that their contributions to our national security are appreciated and to underscore the fact that all those who served have sacrificed and done their duty. To honor the DOC's veterans and active duty personnel, the DOC placed a wreath in all facilities and posted a letter from the Commissioner on the intranet along with a poster listing all active duty DOC personnel as well as DOC veterans.





Responsible, Respectful, Honest, Caring

**COMMISSIONER
HAROLD W. CLARKE**



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Kyra Silva
Gary Temple
Michael Thomas
Mari Lou Whalen
Diane Wiffin



When the Shift Ends...Jen Rousseau

By Cara Savelli

In less than two years Jen has participated in three relay triathlons, two solitary triathlons and one duathlon.

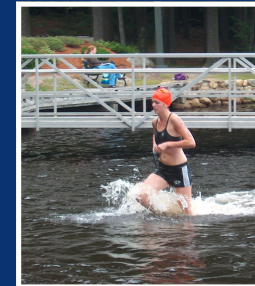
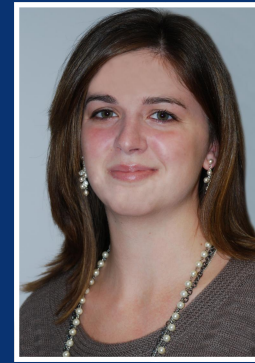
It was the summer of 2007. Jen and her best friends from high school were looking for a way to get together and do something active. Since they were in track and field in high school together, they decided to participate in some local road races. When the rush of the road races wore off they decided to give something completely new a try....triathlons.

Training for their first relay triathlon kept them busy. Training a couple of hours a day multiple times a week was a great way for them to productively get together. Their first triathlon was the Mill City Triathlon in Lowell. One of them biked, one ran and one swam. Believe it or not, their first attempt at a relay triathlon was a major success. They came in first! They went on to successfully do two more relay triathlons together.

Jen decided to train for a solitary triathlon where she would be the only one to do all the swimming, biking and running. Although the training was grueling, she entered the Gilligan's Triathlon confident. Competing with people of all ages and abilities she managed to place second. Another success!

Her most recent win (for her age group) was a duathlon in Hopkinton, MA that was organized by an online racing group called Max Performance (www.maxperformanceonline.com). She says they organize about five to six great races throughout the year all over Massachusetts.

Although she is taking a break from triathlons for now, she continues to stay active by taking spinning classes and swimming regularly. Much luck in the future Jen!



Retirements: October – December

James Barbale	Michael Curran	James O'Brien Jr.
Marc Bessette	James Emerson	Mary O'Connell
Paul Boudreau	Sherry Esielionis	Michael Pereira
Kevin Boulay	Thomas Goyette	Richard Perry
Beth Broadbent	George Hebert	William Slaiding
Michael Buckley	Mark Ingeme	Anthony Sulkoski
William Comeau Jr.	John Martin III	Thomas Sweeney Jr.
Hugo Cortez	Geraldine Morris	Matthew Waldron

Promotions: October – December

Julio Camareno	Amanda Leroux	Luis Spencer
Louis Garneau Jr.	Cheryl Nelson	Bryan St Pierre
Luke Johnson	Carl Olivieri	Julie Valiton
Brian Kearnan	Christine Pandozzi	